

BRIDGES

WEDNESDAY, JUNE 10, 2015

SPACES:

A Saskatoon man's home reminds him of his native Spain. **P. 4**

GARDENING:

The winners of our spring photo contest are unveiled. **P. 14**

SHARP EATS:

Jenn Sharp takes one last look at the local food scene. **P. 23**

A STARPHOENIX COMMUNITY NEWSPAPER



READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

By LUKE LAWRENCE

Father pens Erin's Gift

When Luke and Rosemarie Lawrence well known their son Jared to the world in 1990, they looked forward to raising their baby and his big sister Erin on a family. However, Rosemarie soon learned the devastating news that she had an extremely rare and deadly stomach cancer. What no one knew at that time is hereditary. A decade years after Rosemarie passed away, Erin developed the same deadly disease.

With singular determination, Luke Lawrence packed the medical system for answers and learned there is a genetic test for hereditary diffuse gastric cancer (HGDG). Using Erin's DNA, the test confirmed the diagnosis. Jared had a 40 per cent chance of developing the cancer. At age 18 he became the youngest person to undergo a gastrectomy. The removal of his stomach.

This poignant memoir traces the journey of dad from the harrowing but



Luke Lawrence

magical experience of a hereditary incurable cancer. Erin's caring and courage in her final months motivated a 40% football team to reach for their dreams and win the Grey Cup. Her hobby collection also inspired a charity that has given more than \$400,000 to help hospitalized children in fac-

tachemers. *Erin's Gift* will bring you to tears but it will also warm your heart with its legacy of love, caring and hope for the future.

"We hope that continued research in this area will someday develop a test to diagnose this disease in its earliest stages so doing so it would help in the prevention of unnecessary prophylactic gastrectomies."

Luke Lawrence is president and founder of Trinity Beams Awareness. This registered Canadian charity supports Saskatchewan hospitals with Trinity Beams for sick children. Luke was born and raised in Regina and currently resides there. In addition to being dad to his only son, Luke previously promoted awareness about hereditary diffuse gastric cancer — "The Genetic Hitler" — and Trinity Beams Awareness.

Erin's Gift



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INDEX

ON THE COVER PG. 6



Betty-Ann Haggie is a member of Canada's Top 100 Most Powerful Women Hall of Fame. BRIDES PHOTO BY LIAM RICHARDS

TABLE OF CONTENTS

READ MY BOOK — 2

A daughter contracts the same deadly skin cancer that affected her mother

SPACES — 4

Saskatoon chef Moira de Lucas Serratos opens her home for a tour

ON THE COVER — 6

Former Postmedia executive Betty-Ann Haggie finds success mentoring women in business

IN THE CITY — 12

A moment at time. Photographer Liam Richards shot that defines the week

GARDENING — 14

Winners of our spring photo-contest are revealed

CROSSWORD/SUDOKU — 36

EVENTS — 17

What you need to know to plan your wedding. Send listings to: brides@thestarphoenix.com

OUTSIDE THE LINES — 23

A variety colouring creation for kids of all ages by artist Stephanie McKay

SHAPES & STYLES — 23

Bride's wear says hello to Saskatoon's food scene

ON THE SCENE — 24

At the first naming for the Saskatoon Poco First Nation

ASK BILLIE — 28

RECIPES — 26

WINE WORLD — 27

Wines from the Okanagan region

SPACES PG. 4



Moira de Lucas Series (Saskatoon home) is influenced by her native Spain. MELISSA PHOTO BY LIAM RICHARDS

BRIDES COVER PHOTO BY LIAM RICHARDS

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SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email bridges@thestarphoenix.com

SASKATCHEWAN'S BEST SPACES

An open space to cook and entertain

By Sean Trembath

WHO? Miguelito Lucas-Santos, entrepreneur and head chef of Leyendas Cafe

WHAT/WHERE? Series open concept home in Saskatoon

WHY? After immigrating to Toronto eight years ago from his native Spain Santos found it difficult to get a work permit. Brampton's Plastic economics offered much more opportunity. After some time in Manitoba he came to Saskatoon.

Santos bought the house five years ago. At the time he wasn't fully settled on what he wanted, finding the right house made a huge difference.

"It helps a lot when you find a place and kind of area comfortable in the neighborhood," he said.

The previous owner had been renovating but ran into trouble and decided to sell.

"There was no kitchen, no bathroom. It was completely gutted," Santos said.

Since then he has been rebuilding it room-by-room, working towards a space where he can cook, relax and entertain.

WHY? Santos has both foot and function in mind for each section of the house.

As a chef the kitchen is very important.

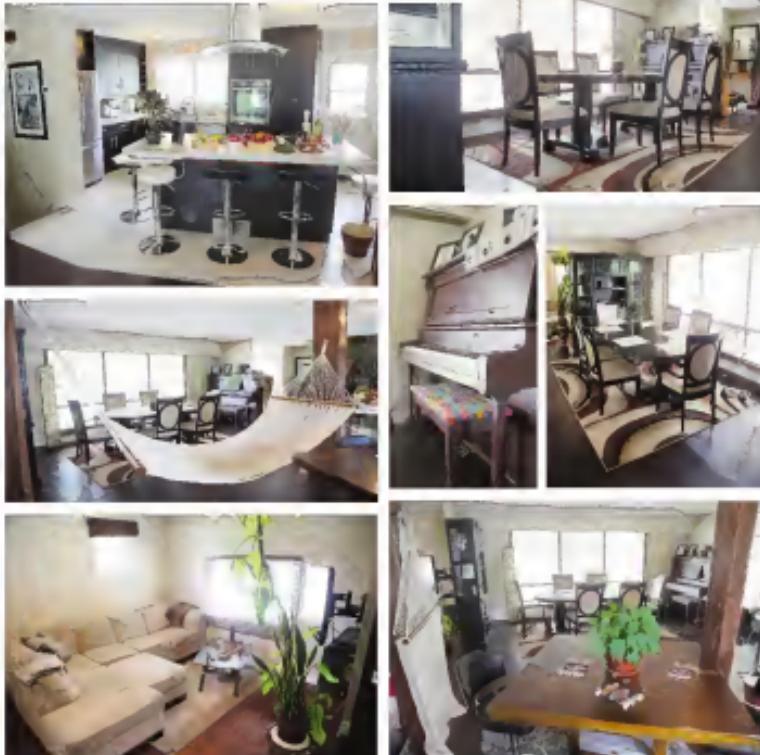
"I cook for a living, so I wanted to get a kitchen and area where I can cook and maybe have some students," he said.

The large island counter has plenty of spaces on all sides, allowing for a social cooking experience.

"The kitchen is a really good design for working with people. You can easily get seven people with cutting boards having a nice time, learning about Spanish cuisine," Santos said.

Despite the large amount of space the kitchen is a clean environment. It was made to be functional with the actual cooking experience as ultimate level as possible.

BRIDGES PHOTOS
BY LIAM RICHARDS



SPACES

"Not having to bend down for towels. You can see the oven is right behind the door. You can turn around with one move. That one move to the front. You can move around easily," Sines said.

Once the food is prepared, there are two options for eating. The main dining area has a traditional table with plenty of space. To the side — closer to the kitchen — is a smaller indoor casual table perfect for lapses the small appetizers popular in Spain.

"Small bites. Interacting with the kitchen; that was the whole concept," Sines said.

A little further to the side is an area Sines said is for "couch-out." A sectional provides most of the seating on one side of the area. While a fireplace provides heat during the winter months, Sines made sure to have a real wood-burning fireplace rather than something powered by gas or electricity.

In the winter time it's nice to have an open fire. Nothing fake. I don't like that he said.

To really kick back, Sines has two hammocks hanging inside. Inspired by both his home country and his travels in South America, the hammocks are easy to stretch out and make for a unique indoor experience.

"It's nice. Whenever you want you can have a hammock party," he said.

He work is not done. Future plans include redesigning his upstairs into a large master bedroom and building a new garage with a second studio on top.

He also likes a swimming pool outside, which he said would make parties even better.

"I love swimming. It's something I miss very much from my country. I grew up in the ocean. Subtropical summers are great, but I miss that," he said.



ON THE COVER

You have to learn to put things behind you and move forward. — Betty Ann Hegge

BETTY-ANN HEGGE

A born leader realizes her potential

By Jenn Sharp

Inspire your team women in entry-level positions at a new company.

One day the CEO gets on the ele-
vator with you. You make a joke but
he hardly cracks a smile. You re-
treat to your office where you come
up with countless reasons why he
didn't laugh and why you'll never
measure up. It grows into a catch-and-
rehash story you tell yourself over
and over.

What you didn't know was that
he just got off the phone with his
wife. Their baby is sick and he
was preoccupied. There's nothing
wrong with you.

Imagine this same scenario but
you're newly hired and think that
you leave the elevator, close it off
and assume your CEO just doesn't
have a sense of humor. You get out
with the day.

Betty Ann Hegge has learned that
successful women don't waste these
energy. She uses the clever acronym
to whom citing research that's found
the part of the brain that hates neg-
ativity is larger in women than men.
Women tend to escalate on a
negative experience and turn it into
something larger. Men see more like
Teflon things don't stick.

"If you want to get ahead, you
have to take risks and when you
take risks things are not always
going to go as you want. You have
to learn to put things behind you
and move forward. Women have
more trouble with that than men,"
says Hegge, a member of Canada's
Top 100 Most Powerful Women Hall
of Fame.

She believes in the necessity of
women supporting women. That's
why Hegge's devoted much of her
time in retirement to sharing her
knowledge and helping others succeed.

A motivational speaker and
writer, she's most recognizable as
the creator of the Betty Ann Hegge
Mentorship Program at the
Edwards School of Business at the
University of Waterloo.



Betty Ann Hegge has learned successful women don't waste their energy. PHOTOS BY LIAM PRITCHARD

The membership program to
which she donated her time and
money, as far back as U of G grads and
academics post-grads with mentors in
the community.

Hegge started with Pritchard Corp.'s
marketing department in 1981 and
quickly proved her worth. When the

initial public offering of the compa-
ny came in 1989, she was part of the
team that guided the non-year privati-
zation process.

"That's really when I appreciated

what a good person my husband
was. I would get up on Sunday morn-
ing and go into the office at nine and
readjust some home until midday!
It was great!"

I think she's an inspiration for many people. She deserves all the kudos that she gets. — Wayne Brownlee



Betty Ann Heale, coach/economist at a entrepreneurship event at the Edwards School of business in 2010. (RONALD FILE PHOTO BY GORD NALBAND)

Wayne Brownlee (now the executive vice-president and CEO at PotashCorp) worked with Higginbotham throughout that year.

"In those ways, we grew up through and with the company and had a pretty good ride," he says.

Higginbotham would later become the executive director of the Saskatoon Women's Economic Council before retiring in 2007.

Higginbotham built her career with being a wife and mother of two daughters so an honorary seat on the board is represented at the highest levels.

"I think she's been an inspiration for many people. She deserves all the kudos that she gets," says Brownlee.

Higginbotham sits on her experience and connects them with the previous business community to make the program a success. She doesn't just fund the program; her main desire to help women succeed is what drives her to share her story. It clearly being an entrepreneur regardless of your gender but it's especially timely for a woman

as a male-dominated field.

"She's something about bringing women together when they know their goal is to support each other that really provides us strength where people open up and aren't afraid to admit what they are as their short coming and hear other people's experiences. It's a beautiful thing to see people grow confidence."

Higginbotham says no many women want a mentor to rescue them. But that's not the point. "I'd prefer to do that as the one who's going to encourage them to do something you hadn't done before or some encouragement to stay with your comfort zone. You're encouraging people to try."

She's learned the benefit in telling her story and encourages prides in the progress to do it too. Women don't like to promote themselves and it holds them back. Most don't like to hear women bragging either. But they do like a good story.

Continued on page 6

Couple donates \$250,000 to Saskatoon City Hospital Foundation

By Jack Haver has a great reason for donating \$250,000 to Saskatoon City Hospital Foundation on his lists which behalf!

"After we were born there was something for people who had died. There were many at Saskatoon City Hospital who died."

Jack partially trained at Saskatoon City Hospital while they never graduated from its school of Nursing. "We're so grateful because the hospital was a big part of our success," he says.

The couple met in high school. After graduation, they went to nursing school while Jack got his job and applied for the college of Medicine. "It was 1956 and I couldn't get in because spots were reserved for soldiers returning from World War II."

Jack got a job as a teacher at St. Vital School instead and got a grant after. The couple moved to Tidewater, North Carolina and North Dakota while their family grew to five. He left long distance care when he applied to medicine again in 1959 and was accepted.

Jack graduated in 1960 and accepted a spot at the University of Manitoba in Winnipeg. The family moved to there. Jack retired in 1972 from the company he owned until 1957.

While becoming both grandparents and great-grandparents 10 times, they enjoyed traveling immensely overseas. They were fortunate to see every continent.



Other than raising his wife and partner of 70 years, Jack has no regrets. "I do it all over again."

In his passing tribute, Jack donated the \$250,000 to the Breast Health Care Centre, specifically the mammography unit. Breast Cut had a breast removed due to cancer. Jack is happy to help others facing breast health concerns.

Saskatoon City Hospital Foundation thanks Jack, Pitt and the Haver family for their generous donation.

Saskatoon City Hospital FOUNDATION

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Women add value. And women need mentorship. I'd like each of you to offer advice and encouragement to a woman in your office — Heggie.



Betty Ann Heggie emphasizes that more women are needed in business. To help women succeed, she started a mentorship program at the U of S. **PHOTO BY KAREN SCHAFFNER**

"No woman can promote herself" by telling a story about where she was successful and get away with it where she isn't if she just promotes herself," says Heggie.

"Any good leader in business has a good story teller because they have to be able to capture the hearts and minds of people."

400000

Heggie was the oldest of four kids growing up in Bremerton. Her mom was a school teacher and her dad owned the town's motel, where she and her siblings cleaned rooms and worked on the cash register.

When she turned 18, Heggie said she was taking her to get her driver's license — he needed help driving all the kids to their activities.

"I remember my brother Doug once saying to my sister: 'I wonder what our lecture on life is going to be today? Clearly I feel it was my place to say everything right from the time I was 18.'

Towards the end of her senior year at Poulsbo High, she set up mentoring positions within the company.

"The guys used to make jokes and say, 'He's a high potential employee but he probably doesn't have a good enough work ethic.' We'll put him to work with Betty Ann for a while and see if he learns it," she remembers with a laugh.

"I enjoyed that aspect of my job a lot because you're helping someone grow along and it makes you a good leader."

During her career, Heggie has witnessed women like herself make a point of telling the male-dominated audience more women were needed in business.

"Women add value. And women need mentorship. It's like asking you to offer advice and encouragement to a woman in your office."

Eventually she got calls from contacts asking her to work with women that worked for them. She eventually realized, "You can't adopt the world."



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She makes things happen and has this courage about her to move forward with everything she gets her hands on.

—Rachelle Brockman

That led to her finding women in her network that would be a great side match. What she calls her "fierce networking service" grew quickly and became too large for her to handle alone.

In 2008, she approached Great Lives, the dean of the Edwards School of Business at the time, with a model for a mentorship program she told her school would pay for it if the school administered it. Heggie was pleased the school agreed, especially since it wasn't aimed at students.

"I really have to give credit to the Edwards School of Business because they put their resources towards something to help connect the uni [university] and supportive women at ready one another."

Isaac calls Heggie an "invariably accomplished leader," and remembers how he was delighted by the project. "My mom was just to stay out of the way!"

Rachelle Brockman, a professor at the school, and Heggie started work on together on the program. Brockman describes Heggie as a connector who is generous with her time and her knowledge.

"She makes things happen and has this courage about her to move forward with everything she gets her hands on."

Brockman learned a lot working with Heggie. "To watch how she communicates and how efficient it is and the way she puts things down — in a very streamlined manner with a lot of heart still. Nothing is impersonal with her."

The effect of the program was to include from Isaac's perspective:

"It was one of those ideas that took a visionary... but not just made us think."

Brockman agrees, saying the program encouraged women to form relationships apart from others in the business world.

"It's about connecting with people so that we can support one another." Andrea Horwitz was a junior mentor with the program last year and says it's essential for growing leaders in the community.

"It attracts a certain type of individual who wants to grow and develop. If you give them a great launching pad for them to take their careers to another level."



Betty Ann Heggie approached the Edwards School of Business in 2008 with a model for a mentorship program. ALLEGRA PERTH/BU LIAM DODDS/IMAGE

The program has set the business school apart from others in the business world.

"It's a business school that always understood that sense of essence in leadership positions as it was a natural place to do it. The right environment is great; a program like that from... mya house."

ACCENTS

Heggie works local at Polaris Corp in

what she calls the "you have to hire a mentor program." She remembers always walking by her boss's office and asking him: "What are you going to do with her?"

Her first work, she was sent on a business trip to Dallas. She was meant to take pictures for the company newsletter and meet customers. She would be traveling with Bill Whitham, a notable figure in the company.

"He was the biggest character in

the company and he was a very successful salesman," says Heggie.

The joke was that if she could handle Whitham and his actions, she could sign off Polaris Corp. After a few nights on the town that included winning a dance contest at a fertilizer convention, she was in.

"He was always so pleased and such a good friend. You could always count on Betty Ann to do the right thing and be on top of things," says Whitham of his longtime friend.

The cronies loved her. They still talk about Betty Ann.

She remembers a try to impress her with Chuck Chidlers, the CEO at the time, to loan a name Polaris Corp might purchase. Speculations about women and money meant that Heggie was not allowed to go before ground. She was set up on aify tourneyed Chidlers told from that if she wasn't going in the room, he wouldn't either.

Comment on Page 97

If you want to have a family and have a career, choose your husband carefully because they need to be involved so that you can feel comfortable. — Heggie

"We were breaking unconscious bias at the time and I really give her credit for that."

Heggie who grew a lot of credit to her husband Wade. The two, who met via a blind date, have been married 38 years. Balancing a high-powered career and a family was tough.

"If you want to have a family and have a career, choose your husband carefully because they need to be involved so that you can feel comfortable."

She remembers Wade driving her to the airport one cold winter morning for yet another business trip. She questioned herself then and the decision to leave her family for her career.

"He said, 'You know all the guys you work with are getting on the plane this morning and leaving their children with their wives and they're not thinking twice about it. Is that all you are taking care of? That's in a less than sufficient parent?' He was right."

When Heggie had their first daughter, Louise, the name came to teach her how to bathe her. Heggie knew bathing was a fun job and thought it would be perfect for Wade to learn.

"I said, 'My husband is going to be home at 10 o'clock and he's going to bath the baby.' It's his job so you can teach him. If I don't learn I'll never have to do it and that may be killing myself with the children,'"

continued

Heggie says she's in the giving back phase of life and doesn't expect to be working much longer. Others do not agree. She was given the 2010 Women in Mining Council Trailblazer Award after a group of Saskatchewan women called her.

When she was called with the award Heggie assumed it was because of her mentorship program. But it was her self as a role model that won the award.

"It's really bizarre because I don't think of myself as a role model."

But that's what she's about—women going to work in male-dominated fields and perhaps taking chances that are different from the collective.

"We're all risk takers. That's why



Betty-Jean Heggie at the U of S Edwards School of Business in 2003. She says she is in the giving back phase of her life. www.photophoto.ca/2015/06/10/betty-jean-heggie/

She pounds on introducing corporate governance at the company before anyone else was doing it. It was something she believed in, which made the company look like a real leader. She also got sustainability reporting going at the company before anyone else was doing it.

"Nobody wanted to do it. It was extremely transparent; it was more costly. But I knew that if we wanted to make a difference in other parts of the world where they didn't have the same kinds of practices that we have in North America for regulations, we wanted to be able to put something forth... of what we believe in."

CHARACTERISTICS

- Reliable / dependable
- Organized
- Practical
- Thorough
- Quiet working environment

Motivators

- Setting goals and achieving them
- Making important contribution
- Interesting work/projects
- Sense of responsibility/commitment

STRENGTHS

- Ambition / dedication
- Attention to detail / thoroughness
- Questioning
- Nine facts / think logically

FINDS CHAMP...

There are people in your life that you meet and hold in extremely high regard and she is one of them. — Grant Isaac

"I believe that I did that because I'm a woman and I think about the end user. That's the diversity that's valuable in a company and that's why we need more women."²

She was working on a book when she left PotashCorp, calling that energy "informative."

But she enjoys having the freedom she has now to travel and spend time with family. While, seven years older than Beagle encouraged her to retire, saying if they waited until she was 60 they would've lost a lot of good years.

The mentorship program keeps her
company strong.

"I feel a lot of gentleness about it. It gives me a reason to follow all the research that's out there at moment. I do think we're going to look back and say 'Can you believe how theorized women were then and they were taken full advantage of'."

Isaac says her accomplishments in the corporate sector and developing leaders within PotashCorp were cut

standing, but it's the work she's started upon retirement that really sets her apart.

There are people in your life that you meet and hold an extremely high regard and she is one of them.

To continue to build on that enterprise in retirement, she's just one of those fearless people with a vision who's prepared to invest her money, but more importantly her time in these projects."

Heggie's smile for life is obvious in the way she laughs. Her influence is powerful. It's hard not to feel fired up about the future and your own potential after spending time with her. She has a gift for bringing out an innermost desire to thrive in everyone she touches.

Says Isaac: "There are some people who are wired to make a difference and they're one of them."

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IN THE CITY

JUNE 7, 2015 — 1:29 P.M.

Where fashion meets design



A coach designs a boot from Melaka Sights during a Sustainable Fashion & Design Festival event at the Riverfront Landing Amphitheatre. PHOTOS BY LIAM RICHARD



Next week in BRIDGES

Muna De Ciman
is helping to build
a community in
Saskatchewan

Saskatoon's Newest Modern Age-in-Place Design Suites



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Age-in-Place Design includes 36-wide doorways, spacious floor plans and a seven-foot, barrier-free walk-in shower enclosed in glass.

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Contact
Shelley Davis

www.hydeparkview.org

Above Your Expectations!

GARDENING

GARDENING CONTEST

Best shots from around the city

In May we asked for your best shots signaling spring's arrival and you delivered. From the first song birds of the year to bursting flower blossoms, entries' photos were colourful and imaginative.

We're printing a selection of the best ones along with two winners.

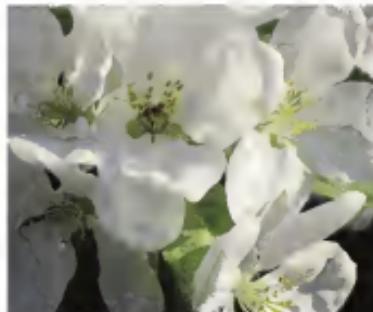
The winners will receive a copy of Lyndon Pomer's *Garden Design for the Short Season Yard*.



Bohemian waxwings (above) a spring bush on the decked is one of the two winning photos. Photo by SALLY BADDELL



Pink Magnolia at Golden Days Ranch is one of the two winning photos. Photo by ANDREW HOLLANDS



Magnolia. Photo by JUAN NICOLAS PEREZ-SANCHEZ



Banbury nectar at the at the Peoria Garden Arboretum. Photo by ALVINA BRONSTEIN-KAHN-MARSH



The dandelion is a source of nectar for many insects. Photo by MARGARET FLACK



A bright new blossom on a Gaillardia 'Gardener' plant. PHOTO BY MARGARET SWINK



Dwarf fuchsia flowers. PHOTO BY SCOTT SMITH



Spectacular over-sized flowers on a flowering currant bush. PHOTO BY LISA RYAN-MARDO-CABRASCO



Thundercloud agapanthus flowers in the dappled sun. PHOTO BY SORINA YADAMSKA



Water droplets glistening on the shiny surfaces of day lily leaves. PHOTO BY MARGARET SWINK



The 'Tulipa 'Torbay'' adds a little sunny colour to the garden in early spring. PHOTO BY MARGARET SWINK

REMAI MODERN TURN OUT

WEDNESDAY, JUNE 17, 7 P.M. AT THE ROXY THEATRE

FILM & TALK: Artist Althea Thauberger, Preuzmimo Benific
MUSIC: Birdapres & GreyJay

Admission: \$11 adults / \$8 under 13

Visit remaimodern.org/prelaunch for more details.

**"Flendishly complex but also reliably compelling.
Althea Thauberger casts kids as ... us"**

- Blake Gopnik, ArtNet News



With our thanks.

After more than 50 years in the community, the Mendel Art Gallery has closed. On behalf of the board of trustees, staff, members, volunteers, artists and community – past and present – thank you for the support you've shown over the years.

The Mendel Building is being transformed into the Children's Discovery Museum for future generations to enjoy, and the conservatory will remain open to the public.

While we reflect on a half-century of memories, we're looking forward to what Remai Modern is becoming, opening 2016.

For Remai Modern news and events, please visit www.remaimodern.org, sign up for email updates at email@remaimodern.org, or find us on Facebook.

We look forward to welcoming you to Remai Modern!

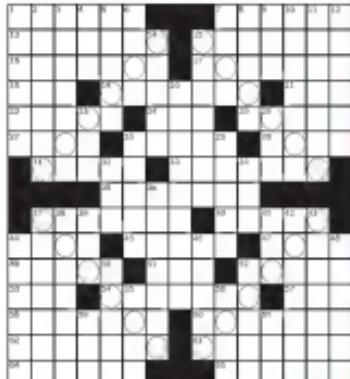
CROSSWORD

NEW YORK TIMES www.nytimes.com

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Annotate

- 1 Billion emitted
- 2 Shudder ...
- 3 Most unappreciated
- 4 Precious bread
- 5 Longitude: "You will find it" address
- 6 Place for a "Gone With The Wind" house; bubble perhaps
- 7 Emma print in communications for short
- 8 Epicenters demand
- 9 "Swear!"
- 10 Leaves about to fall
- 11 Change to Toronto
- 12 Do a seriously negative
- 13 Her name is unexpected
- 14 Best location, say
- 15 Let us
- 16 If ladies
- 17 It's a mystery who ate
- 18 Six hours 20 to 20 degrees, Gay
- 19 National question
- 20 This is Legend, No. 19



Digitized by srujanika@gmail.com

44 Not remediated elsewhere	13 Under-treated	41 "College" as a goal
45 difficult	14 See elsewhere as a patient	42 Exercise via video Spanish
DISEÑO	15 Go along with	43 Visual style
1 measurement	20 Fundamental	44 Janice Spanish
2 29,000 persons	23 Manager's remedial, for short	45 Go along in name as well as in practice
3 Let	24 "How else?" callers	46 TDE, "the person..."
4 Furthermore state alone	25 By means of a French teacher	47 ...A Whining (Gennaro empire mode)
5 Content of lesson	26 French legislative body	48 ...the best?
6 Authors write their spec	27 Scott of Sants	49 Inconveniences with academic scoring
7 ...more	28 If in Madrid	50 In reference to
8 ...except some initials	29 His plots	51 Money in Madrid
9 Creative Faculty page	30 Because a part	52 Remediations for short
10 Reasons for article play	31 Social disturbances	
11 ...and so on	32 Me,	
12 ...and so on	33 Me,	

JANRIC
CLASSIC
SUPPLY

Level 2

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination.

to solve the puzzle.
The difficulty level
ranges from Bronze
(easiest) to Silver
to Gold (hardest).



Solution to the
crossword puzzle and
the Sudoku can be
found on Page 27

Nuts About Nature
At Beaver Creek Conservation Area

Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,
When do wild roses bloom and what can they be used for?

Page 6

The most common wild roses that live in Saskatchewan are the prickly rose, prairie rose, and wood rose. The prickly rose is the provincial floral emblem for Alberta and its flower has a deep red colour, while the prairie and wood rose flowers are light pink. You can find roses blooming from June to August, exposing beautiful pink flowers with yellow anthers. The yellow anthers produce pollen and are used as a food source for bees during the summer months. In addition, the berry-like rose hips are a valuable source of protein in the winter for birds and mammals like wigeons, prairie grouse, grouse, rabbits, coyotes, and skunks. Historically, rose hips were used to treat scurvy, a vitamin C deficiency since they are packed full of it. If you have a rose bush in your backyard you can harvest the rose hips to make delicious tea, jelly, or even syrup. If you decide to plant a wild rose bush in your yard choose a sunny spot and water the plant early in the spring. Make sure to enjoy this wonderful smell when the pink flowers blossom!

Bend your questions to me at the address below then watch Bridges for the answers.

Your pal, Chip
84 Blue Lagoon Avenue South,
El Paso, TX 79919
Spring 1999 • 160 pages • \$16.95
Westside and Westedge Books in El Paso
or 800-252-3939
E-mail: westside@pacifier.com



Meewasin



EVENTS

What you need to know to plan your week.
Send events and photos to bridges@thestarphoenix.com

MUSIC

Wed., June 10

Michael Wines Band
Buds on Broadway,
#17 Broadview Ave.

Jazz Shanty Jazz Jam w/ Constantine Orts
The Basement,
304 Fourth Ave. N.

EC Reed
Peggy's Pub and Grill,
1423 1/2 University Dr. N.

MHN Fins
Wilson Guitars & Amps,
432 1/2 St. W.

THURS., June 11

Dave Gallagher
Crucible Restaurant & Lounge,
1-227 Pinehouse Dr.

Kelly Kavadas
Buds on Broadway,
#17 Broadview Ave.

Media Bratwurst w/ Economics
Amigos Cantina,
800 Dufferin Ave.

The Mermaids
Capital Music Club,
364 First Ave. N.

**367 w/ Twin Voices and Gether-
ic Girls**
Vangie's Tavern,
861 Broadway Ave.

Fri., June 12

Rock Candy
Buds on Broadway,
#17 Broadview Ave.

Plane-Fridges Jesse Evans
Roots Series: Anderson Burke:
The Basement,
304 Fourth Ave. N.

The Bachelors
Amp & Navy Club
309 First Ave. N.

The Rhythmatists
Fairfield senior citizens'



Shanie Yearn performs Sunday at Stein Ri Centre. CANDACE PERIN PHOTO

Cancan,
103 Fairmount St. E.

McNally Robinson,
3100 Eighth St. E.

#17 Broadway Ave.

**Teenage Bottlerocket w/
The Coopers and Honest**

Hitsville
Amigos Cantina,
106 Dufferin Ave.

Good Meadow w/ The Switcher
1st Yard

Vangie's Tavern,
861 Broadway Ave.

Jeep Singers Fest #8

The Basement,
304 Fourth Ave. N.
The Bachelors
Army & Navy Club,
309 First Ave. N.

Seam Works and the Outcast
Emergent w/ DJ Minnows
Capital Music Club,
304 First Ave. N.

The Bachelors
Teen Town Tavern,
3330 Franklin St.

Data Invx and Michael Hain-
Blox

IMH Defense
Peggy's Pub and Grill,
1423 1/2 University Dr. N.

Along the Ridge
Stanley House,
106-110 Ruth St. E.

Shane
Sun., June 13

Rock Candy
Buds on Broadway,

Terry Helmers
Nutana Legion,
3021 Lakeshore St.

Lawn Gaze
Downtown Legion,
606 Spadina Cres. W.

Mahalakka
McNally Robinson -

Shane
Vangie's Tavern,
861 Broadway Ave.

Into Obesity w/ Simplicity
and Agony Scream
Amigos Cantina,
8006 Dufferin Ave.
11th-Catave
Pizzia Pub and Grill,
1423 1/2 University Dr. N.

Along the Ridge
Stanley House,
106-110 Ruth St. E.

Sun., June 14

Shane Teaser w/ Wes Mack
Steak'n Shake,
3515 Thresher Ave.

Dee Headz Comedy Night
Buds on Broadway,
#17 Broadview Ave.

Crowbar w/ Saltatio Mortis and
Lind Syring
O'Brien Event Centre,
341 Second Ave. S

Dougy Michal
Village Galler & Arts,
432 20th St. W.

Mon., June 15

Dead City Soul Revue
Buds on Broadway,
#17 Broadview Ave.

Needing You
Amigos Cantina,
8006 Dufferin Ave.

Tues., June 16

Ed Sharpe & Watson
Steak'n Shake,
3515 Thresher Ave.

Lead Foot
Buds on Broadway,
#17 Broadview Ave.

Sebastian Bach
O'Brien Event Centre,
341 Second Ave. S

Bend Skirtier w/ Service and
Jumbo

Shane
Vangie's Tavern,
861 Broadway Ave.

ART

Wood Gallery
June 10-20 at 2-1000 Eighth St. B.
Re: Newworks by Shreeni
Cesek, Senthra Kress and
Chris Wilman. Reception June 10, 7 p.m. to 9 p.m.

Art Trek 2010
June 12, 5 p.m. to 10 p.m.,
and June 13, 10 a.m. to 5 p.m.,
around Saskatoon. A self-guided studio-discovery tour
including 330 Design Green,
Artist's Workshop, Artists' Loft,
SAM, SAM Artistic Collective,
The Studio on 20th,
Studio 5, Yvette Artists Group
and Lorraine Street Studios.
Map at facebook.com/ArtTrekSask.

Black Space Gallery
Until June 13 at Highway 2 at
Northgate Wet, reinvigorating
30 Canadian artists.

Market Mall Playland Art
Gallery
June 10-30 at Market Mall,
2325 Princeton Ave. **The Violin**
by students of Georges Verrier
Cariboo Fine Arts School in
partnership with the Saskato-
non Symphony Orchestra.
Grand opening of the gallery
June 15, 7 p.m.

Affinity Gallery
Until July 11 at 813 Broadway
Ave., Clay Studio Three 20th
Anniversary exhibition. Ca-
reers works from current and
past members of Clay Studio
including: Cooley, Lorraine
Suzuki, Judy Klassen, Krista
Rodas, Ron & Holly Kramida,
Martin Tanguay, Melina Haw-
orth and Henry Grummett and
Colin Trieman. Reception June
16, 7 p.m. to 9 p.m.

Eye-Gallery
Until June 19 at 107-112 Dell-
ipa Dr. **Photographs by Trint**
Thomas

SCAMP Art Gallery
Until June 19 at 203 Third Ave.
5 3 3 Stacey Huscuk.

EVENTS

What you need to know to plan your week.
Send events and photos to bridges@thestarphoenix.com



Extreme Vinyl
(the coolest thing is leather)
now available in
team colours



**KOALA CUSTOM
SLIPCOVERS**
306-249-3608
koalacustom.com

Peggy Gillies
Until June 20 at 2425 Third
Ave. S. A new collection by
Edgar Begelehart.

Gallery on Third, Wetness
Until June 20 at 1003 Third
Ave. E., Wetness Spring Fling,
a group exhibition.

AKA Artbar - Elm
Until June 20 at 424-20th
St. W. Presented by Diane
Clausen.

**Humboldt & District
Gallery**
Until June 20 at 601 Main
St., Humboldt. Inception, an
exhibit touring exhibit of
Saskatchewan printmakers.
Elsewhere, a local perspective
exhibit by Sharon Cabaner;
runs until June 22.

Heads Art Supply
Until June 20 at 1818 Lorne
Ave. SSW by Kristen Atkinson,
Heidi Hall and Anna-Pauline
Fayot Miller. Reception June 20, 2
p.m. to 4 p.m.

Gordon Designware gallery
Until June 22 in Room 101 of
the U of M Murray Building.
Beast by the Geekstone
Petters Gullid and Gully
thimbles by Saakai Yava.

Bigger Muskrat and gallery
Until June 23 at 105 Third
Ave. W. Bigger Creature
from tiny to sea, fauna
sculptures.

**The Gallery at Art Place-
ment**
Until June 23 at 320 Third
Ave. S., back lane entrance
Building (blocks by Stegall
Krechuk).

**Statue Arts Centre, No-
where**
Until June 23 at 701 Broadway
Ave., Rostherne. Paintings
by Anna McElroy.

Centre First Gallery
Until June 23 at The Centre
Mentor Studio. Art by
the Royal Glynn, cult closely



3 by Stone Macaulay is on at SCYB Gallery

by MCC in the Jeckle Gallery;
skate by Leanne King; Seed It;
stone art in the Juneau
lawn; art by Helen Stoklosa
in the No Where Gallery; display
by Shikellome on the Sas-
katchewans in the Crimean
Gallery, and display by the
Saskatoon Public School
Board in the Mazzolini and
Indigo Galleries.

Kathleen Art
Until June 27 on the eighth
Floor of the Desjardins
Finance sculptures of wildlife
by Tom Schultz and hyper-
modern mixed media by
William Pretto.

**Western Development
Museum**
Until June 30 at 2610 Lorne
Ave. Echoes in the Ice. Feat-
uring Franklin's ship, a travel-

er's shoes in the ice. Finding
Franklin's Ships until
July 5. A travelling exhibition
that uses artifacts, images
audiovisual presentations
and art.

Art in the centre
Through June at Broadway
Centre, 110 Broadway. Crest
Works by Mayfair Artists.

**Thalia at Francis Mor-
rison Central Library**
Until July 2 at 311 23rd St. E. In
the Footsteps of Tom Gog
Hartmann and Ken Van Vliet
works from Alpinecon Park.

**Western Development
Museum**
Until July 5 at 2610 Lorne
Ave. Echoes in the Ice. Feat-
uring Franklin's ship, a travel-

er's shoes in the ice. Finding
Franklin's Ships until
July 5. A travelling exhibition
that uses artifacts, images
audiovisual presentations
and art.

**Handmade House Show-
case**
Until Aug. 1 at 710 Broadway
Ave. Little Vacuums by Anita
Racineau.

St. Thomas Nine Gallery
Until Aug. 27 at 1437 College

St. Dispersed by Monique
Martin and Carolyn Miller
Riverhouse Studio & Art
Gallery

Until Aug. 31 at 300 Spadina
Cres. W. Artworks by Im-
ily Gertz, a Canadian artist
living and painting at the
same time as the famous
group of seven. A Peaceful
Meditation garden out front.

Features Emily Carr quotes

**Ukrainian Museum of
Canada**
Until Aug. 31 at 110 Spadina
Cres. E. Siberian House by
photographers Lucifer Domy
and Katerina Kazak.

FAMILY

Strollers and Strollers
Wednesday, 1 p.m. at
Centra Cinema in The Cen-
tre. Chairs of two hours
each with a 45-minute
intermission with lowered
volume, dimmed lighting, a
cracking table and smaller
parking in select theatres.

Go! Climb and Play
Daily, 10 a.m. to 8 p.m. In Bay
of 1000 south Railway St. W.
In Wascana, Saskatchewans
nearest indoor playground
for children up to age 12.
Visit climbandplay.com
or their Facebook page.

Plan Factory Indoor Play- ground

Daily at 16330 Quebec Ave.
A giant 10,000 square foot
playground for young children
adults and teenagers under one
year are free. There is a separate
fee for children for children
under two.

Market Mall Children's Play Centre

Daily just off the Food court
at Market Mall. This play area
is free and has different level
areas. Children must wear
socks in the play area.

Saskatoons Indoor Playgroup

Thursdays, 9 a.m. to 10:15
a.m., through May at Em-
manuel Baptist Church, 1636
Acacia Dr. Parent-supervised
playgroups for kids up to age five
in a license house and
seats for kids, discounted
infant items like coffee/tea
for parents. Registration
an annual. Information at
saskatoonsplaygroup.ca

EVENTS

Children's Play Centre
Dufferin at Linton Heights
Mall. A fun, safe, environment for preschool children to play. Please note this is an un supervised play area, and adults must stay with and supervise children at all times.

Parent and Toddler Yoga
Thursdays, 10 a.m. to 11:30 a.m., 10 to 11 a.m. and 11 to 12 p.m. at Yoga Life, 2115 Third Ave. S. Classes taught by Nine Zeffi. For parents and their toddlers ages one to five. Introduce your toddler to the world of yoga. Classes include postures, poses, meditation, movement, play and song. Classes are six weeks. Register at freedomfromstress@gmail.com 306-381-6652.

Breastfeeding Cafe
Thursdays, 10 a.m. to 11:30 a.m., at Westend Primary Health Centre, 3313 Fairlight Rd. A drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with the other mothers.

Movies for Mothers
Thursdays, 1 p.m., at Isabelle Cinema at The Centre. An infant-friendly environment with reduced sound, change tables, toddler swimming and stroller parking.

Baby Tots at ISPL
Fridays, 9:30 a.m. to Alice Turner Branch; Mondays, 10:30 a.m. to Carole King Branch and 10:30 a.m. to Mabel French Branch; Tuesdays, 10:30 a.m. to GIFT Wright Branch. Half-hour sing and rhyme, then mingle with other parents.

Shop 'N Stroll
Fridays, 9:30 a.m. to 10:30



Ed Sheeran performs Sunday at Back To Centre

am, meet in front of Customer Service at The Mall at Linton Heights. Classes consist of power walking, body-sculpting moves using exercise tubing and a socializing for parents and babies. Register at nurtureandbabies.com. No classes on stat holidays.

Kids Yoga Classes
Ages five to 10 on Saturdays, 11:30 a.m. to 12 p.m.; home-schoolers ages five to 12 on Mondays, 10:30 a.m. to 11 a.m. at Yoga Life, 2115 Third Ave. S. Classes taught by Nine Zeffi. Help kids improve

their emotions, find focus, relaxation, self-awareness and inner fulfillment. Physically helps with balance, strength, flexibility, coordination and body awareness. Classes are six weeks. Register at yoga@yogalife.ca.

Powerful Parenting Workshops: Yoga for Children
Saturdays, 1 p.m. to 4 p.m., at Birch Rhythms, 266 Third Ave. S. Classes taught by Nine Zeffi. For mothers with babies as young as six weeks. Tone and strengthen your body, learn relaxation

is required. Classes are six weeks. Register at freedomfromstress@gmail.com, 306-381-8852.

WA Walk Shrine Circus
June 13-14 at Pionland Park featuring Tazman Ze-Hum and Family. Tickets at pionland.ca.

Mom and Baby Yoga
Mondays, 11:30 a.m. to 12:30 p.m., at Birch Rhythms, 266 Third Ave. S. Classes taught by Nine Zeffi. For mothers with babies as young as six weeks. Tone and strengthen your body, learn relaxation

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

and meditation tools and explore breath-work. Classes are six weeks. Register at freedomfromstress@gmail.com.

Genetics Light Source (GLS) Public Tours
Mondays, 1:30 p.m., at the Canadian Light Source, 44 Innovation Blvd. The synchrotron research facility is open for the public. Pre-registration is required. Call 306-637-3844, email extreme@lightsource.ca or visit lightsource.ca/events/public_tours.php.

Prenatal Yoga
Mondays, 6 a.m. to 7 a.m., at Pregnancy and Parenting Health Centre, 348 Third Ave. S. Taught by a doula and certified yoga teacher. Information and safe for any stage in pregnancy. Call 306-251-8443 or email pregnat@yogafit.ca. No class on stat holidays.

Preadchool Story Time
Tuesday, 10:30 a.m. to 11 a.m., at Murray Baldwin, 3030 120th St. E. For children ages three to five. In the Circle of Trees. Call 306-925-1627.

Playgroup
Monthly and seasonal events. Hosted by Prairie Hearts Learning Community, a group of families inspired by Waldorf philosophy. Programming is aimed at children ages two to five, but all ages welcome. Information on their Facebook page.

Engineering for Kids
Children ages four to 14 can learn about technology and how engineers help it develop. Classes涵盖 parties and clubs with hands-on STEM enrichment activities, career information and guest speakers at engineering fairs, net-a-porter.com or 306-938-0496. Continue on Page 29



Lake Living
20 minutes to city starting at
\$399,900! -



barryhomesinc.com



skyviewcountryestates.ca

Imagine your new home at Birchwood Lake, 17 minutes from the city on a dual lane highway. Seven lots & base plans available. Summer promotion on now, call today for details.



EVENTS

Pregnant Yoga

Wednesdays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Center, 3461 Thrasher St. Birth preparation and yoga designed to help with postpartum recovery. \$10. Friendly class with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at [mgqzqar](http://tinyurl.com/mgqzqar). No class on start holidays.

SEASIDE 4-KIDS 2013

Seaside school-age camp, preschool classes and camps for kids of all ages of various interests in Seaside. An atmosphere for students to build unique creations, play games, and have fun using LEGO bricks. Visit seasidecampers.com; call 305-791-2143.

Seaside Public Library

ongoing daily programs for children and families. Find the calendar at seasidelibrary.org/seaside1316.

SPECIAL EVENTS

Seaside Farmers' Market Open year round. Wednesdays and Sundays, 10 a.m. to 3 p.m., and Saturdays, 8 a.m. to 2 p.m. Farmers are in attendance Tuesday to Friday, 10 a.m. to 3 p.m., and Saturdays and Sunday during market hours. Fresh produce and specialty items are available. For more information, contact sasidafarmersmarket.com; contact 305-354-0262; sasidaf@seaside.net.

Capitol Basement Show

Wednesday, 10:30 a.m. to 3 p.m. at St. Paul United Church, 4554 Gilbert Ave. Children and seniors, come by. Funds raised support the Lighthouse project.

Collide Tour

June 19, 7 p.m., at Regal Phoenix Fashion Square. Fresh new surfaces with his new album, Collide. Featuring on-stage food the stone, Cosi and Sofie. Tickets at Regal Phoenix Theatre, Karta-



Seaside Photo: Week activities continue this week until Sunday. tinyurl.com/8yjw395

Day's Parade

Wednesday, 11:30 a.m. at Meyer United Church. Participants and experienced players are welcome. For more information call 305-651-2051.

Comedy Night

June 19, 7 p.m., at Capital Music Club, 3455 First Ave. N. Featuring Rob Pappi with host Kelly Taylor. Admission of the door.

Salt Super Fit Works

June 19, 7 p.m. to 9 p.m. at Thrive Juicery, 131 20th St. W. Presented by registered holistic nutritionist Carmen Pizzetti. Learn how to eat healthy and health coach Marylou Danner explain the truth behind misunderstood ingredients and have the proper use of these foods to increase your health and energy levels.

Register at tinyurl.com/z6e6oem. Pre-register by June 10 for lower rates.

A Fine Night 4 Uganda

June 19, 8:30 p.m. outside, 6:30 p.m. dinner, at the German Cultural Centre, 160 Gehriger St. A Fundraiser spearheaded by the Rotary Club of Seaside. With dinner, dessert and wine, and live music. Tickets are \$25. Proceeds will help provide clean water in Adua, Uganda.

Live Out Loud Seaside

Until June 30 at Seaside. Hosted by the Seaside Community Association, 3461 Thrasher St. Events include Gary Bono, 10:30 a.m. and 4 p.m.; Jason Shire, June 11, 7 p.m.; a community fair June 12-13; and PULSE, an outdoor party pride June 13, 6 p.m. Tickets at places open. Information at seasidepride.com.

SPC Dance

Through June, 7 p.m. to 9 p.m. at SPC, 1000 E. 22nd St. in Phoenix. Presented by Emerging Phoenix Community Association. A fitness program that combines Latin and international music with dance moves. Tickets at tinyurl.com/8yjw395.

Music to Take the Stage

June 19, 7 p.m. registration, 10 a.m. walk on McNevin Trail, starting behind the Mendel Art Gallery. Registration and information at 306-979-0892. All proceeds go to the Mendel Art Gallery. Afternoon walk to the St. Louis Lanes Foundation, helping grandmothers in Africa raise their grandchildren orphaned by AIDS.

Borden Farmers' Market

Coyote Run, Thursday, 10:30 a.m. to 1 p.m. at Nutree Lemon Hall, 3021 Louise Ave. Hosted by the Nutree Senior Citizens Association. Lunch and coffee are available for a fee.

What you need to know to plan your week.
Send events and photos to bridges@thestarphoenix.com

Borden Farmers' Market Fridays until Oct. 3, 11 a.m. to 3 p.m. at Borden Flea Hall. Information at 306-991-2109.

atmosphere. Information at 305-333-0336 or 305-363-2665.

Great Plains Comedy Festival

June 19, 7 p.m., at Christina Event Center, 241 Second Ave. S. Hosted by Ben Reiter. An all-star comedy jam. Tickets at christinaeventcenter.ca. Ages 19+

Play for Life

June 19-20 at Bierfeldbaker Park. Hosted by the Canadian Cancer Society, Seaside. *Play for Life* raises funds for cancer research. Register and donate at tinyurl.com/8yjw395.

Summer Unplugged

June 19, 10 a.m. to 5 p.m., June 20, 9 a.m. to 6 p.m., and June 21, 10 a.m. to 5 p.m. at the Walkway Arena, 3000 Sixth St., Walkway A Isle, Laveen and home show. With exhibits from summer lifestyle businesses, free painting, slow pitch, bouncy castles, food trucks and bear gardens. Tickets at the door.

Summer Crop VI Conference June 19, 7:30 a.m. to 8 p.m., at Quince Theater in the U of S Education Building. The U of S Aztec Ensemble releases their new album. A recessional and mini-concert. Admission by donation. Information at dean.uofs.edu/aztec/zae.html.

Summer Salad Bar

June 19, 10 a.m. to 4 p.m., at All Saints Anglican Church, 1303 10th St. W. Tickets at 305-227-1012, 305-349-3639.

Points Game #4

June 19, 8 a.m. to 4 p.m. at Auto Cleaning Motor Speedway. Super Trucks Division competing in rear trucks, mini-truck and 1/4-M. Tickets at the gate.

Once Upon a Dance

June 19, 7:30 p.m., at TCU Auditorium. Performances of Once Upon a Dance Centre's gold featuring ballet, jazz, musical theatre and hip-hop. Tickets at 407-447-1171. All Juliette's Dance Centre information at 305-652-1013.

Cababiles

June 19 at O'Brien Event Centre, 241 Second Ave. S. A benefit for the Cababiles Foundation. All proceeds go to Kids Raging Shaun McLeister. Tickets at tinyurl.com/8yjw395. Funds raised support the Children Hospital Foundation.

EVENTS

Sealtoon Quilters Association Meetings

They meet the third Saturday of the month, 10:30 a.m. to May 16 September at the Los Colinas exhibition grounds, and October to April at doc Halloran's, 1301 Evelyn St. E. New members are welcome. Information about the social group at 306-383-4976, 306-375-9965.

Kim Coates Ride for Kids

June 14, 10 a.m. to 4 p.m. at Nutana Legion, 301-21 Louise St. Displays of the Saskatoon Modern Quilt Guild members' works. With a vendor market, hourly quilt raffle and concession.

30th Modern Quilt Show

June 14, 10 a.m. to 4 p.m. at Nutana Legion, 301-21 Louise St. Displays of the Saskatoon Modern Quilt Guild members' works. With a vendor market, hourly quilt raffle and concession.

Keeping Up with the Kaupens

June 14-15 at the Saskatchewan Forestry Farm Park & Zoo. Celebrate Indian Day with a feast with the Kaupens. Join the cookskeepers on their feeding rounds, followed by a continental breakfast. Pre-registration is required. Call 306-917-3395.

Burbages Fundraiser

June 14, 11 a.m. to 2 p.m. at Co-Op Attawapiskat Feed Store, 420 Ludlow St. Hosted by the Burbage family, it's a day of fun for the children. A family-friendly barbecue supper with the work of Save the Children around the world, a fashion show at 3:30-4:15 p.m., and a silent auction.

Off-Broadway for Seniors' Market, International Bazaar, and Bistro

Tuesday, June 16, 6 p.m. to 8 p.m. in the basement of Grace-Mercy-Inn United Church, 323 10th St. E. Offering a variety of



Kim Coates Ride for Kids joins June 14-15 from Sealtoon to Nutana. [www.kim-coates.com](#)

locally produced food, clothing and accessories from ethnic art products, baking and boutiques. New vendors welcome. Call 306-664-2545 or email gerald@united.ca.

Riversdale Lawn Bowling Club

Monday to Saturday, 7 p.m., weather permitting. 75th season newcomers are welcome. Three free lessons are provided. Call 306-618-1941.

Story in the Stars

June 16, 7:30 p.m., at Lester Avenue Congregational Church. A presentation of the story of Eve Aarval. Coffee will follow.

Book Signing at Michaels

Regular book signings at Michaels, 3030 Eighth St. E. For schedule and information visit [www.michaels.ca/events](#).

English for Employment Class

Hosted by the Saskatoon



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#THEATRE

Lane & War

Aene 10-13, Kilday Inn, 1st St. Joseph-High School. Presented by the Kilday Lane Dance Company. In a world of uncertainty caused by war, love is the only thing holding these sisters together and tying them to their inland ocean town. Tickets at [playlane.com](#). [Lane](#)

Medina Butterfly

Provines June 11 and June 12, 13-15 at Persephone Theatre. The opera is performed by Seafolk Opera. Tickets at 306-777-7727, [seafolkoperas.ca](#).

Festivities are for the community service opportunity to dig up, clean up and promote green gardens. Activities include a greenhouse before the event ends.

OUTSIDE THE LINES

Colouring contest



Each week Stephen McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product, and email it to bigdave@thesaskphoenix.com. One winner will be chosen each week.

Last week's contest
winner is Stephen Skjola.
Thanks to everyone who
submitted entries.



Social Good parties are mini fundraisers organized by **YOU!**

- 1 Pick a date for your Social Good party
- 2 Go to www.CanadaHelps.org and create a fundraiser
- 3 Tell all your friends!



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Saskatoon

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SHARP EATS

SASKATCHEWAN FOOD SCENE

Food column a labour of love

By Jenn Sharp

Writing about food is probably one of the best jobs out there.

I get paid to hang out with chefs and restaurateurs who were incredibly passionate about their work, and I get to eat A LOT of really damn good food.

That will be my last Sharp Eats column. I'm moving on to a new adventure that summer in Spain. I am so grateful for the people I got to know while writing the column. They've inspired me and made me excited for the future at the province's vibrant food scene.

I started working in the restaurant industry when I was 16 in Winkler. The place would till up a line stretching out the door on Sunday mornings for our breakfast special. I quickly learned how to multi-task and the art of customer service.

I also learned how to deal with the kitchen. The cooks on the line were less than friendly. I remember dropping a piping hot lasagna all over myself one day and getting scolded at because it would have to be re-heated. Another time, my hot-tempered manager rudely berated me in front of customers and left me crying.

Instead of quitting, I learned how to deal with these men by taking a first chance and by using humour. I eventually got on their good side and their jelling didn't bother me any more. Those experiences also set the stage for what would become a fulfilling career in journalism. Working in restaurants gave me confidence, the ability to read people, and some sweet prizes to throw around when the occasion called for it.

Don't underestimate how hard your servers work or has sido level. There's an unspoken score to the job just as taking orders and carrying plates to tables.

I went on to work at a range of restaurants in the Prairies, learning and developing my taste at *The Star Phoenix*. The rush of a busy night, when everything flows past right with your tables, and bringing people some joy through a beautiful meal is addictive for me.

It's a big part of why I like writing about food. Chefs are some of the hardest working people I know. So essay in *Saskatoon* and *Regina* are terrible at breaking out of the food chain restaurant mould and charting their own path.

I didn't write restaurant reviews, leaving that for publications with bigger budgets. If a place



The Sharp scene in Saskatoon and Regina: ready taking off and colonized? Jenn Sharp, standing on the rooftop of *Draft Craft*, is happy she got to be a part of it. Photos: MELISSA HEDDERICK/HOMER SYKES

was really bad, I just don't write about it.

Sharp Eats focused on food trends, innovative dishes, events that celebrated our food culture, and Saskatchewan products' week.

The column started with the first wave of bridges in June 2011 and expanded to Regals when QFC began that September. The general consensus in the rest of the country was that there was nothing here besides cheap restaurant price points and pretense. It wasn't from a source, but from a reporter.

In the last four years, both offices' food scenes have exploded. These are more independent restaurants than I can keep track of, and chefs are getting coverage in national publications on a regular basis.

We host a national food competition, Gold Medal Plates, in both cities. In 2013, the winner in Regina, Milton Bobello, went on to take the bronze at the Canadian Culinary Championships against the top chefs in the country.

Tale Maday's *Ayesha* has been named one of the best restaurants in Canada. Her GM and

cofounder Christopher Cho kicked off the craft cocktail trend in Saskatchewan, but they're not the only ones making both cities delicious places for foodies.

Anthony McCarthy works tirelessly with his fellow chefs in the CCPDI (Canadian Culinary Federation) to organize events that promote their work and get young chefs out in the local community.

He's organized a junior culinary exchange program between the chef with the Regina CCPDI branch and Banff. He and a team will take a group of promising young chefs on a tour of both cities' best restaurants, where they'll work and learn in a variety of different kitchens. Teams of banneks, greenhouses, farms, food-service departments and farmers' markets are included in the two weeks, along with a northern site-tasting trip.

The point of the tour is to introduce these chefs to Saskatchewan's bounty and to all the good work established chefs and others in the food industry are doing here. McCarthy's will

Watch for Renee Kohlman's new recipe column in the coming months!
Let us know what you think:
bridges@thestarphoenix.com

www.thestarphoenix.com/bridges

ON THE SCENE

SASKATOON PRIDE FESTIVAL FLAG RAISING

The Saskatoon Pride Festival kicked off Saturday by the Saskatoon Diversity Network. Instead of Monday with a flag raising at City Hall. The Pride Festival is an annual week-long event that celebrates diversity. Raises community pride and raises awareness of queer culture. For more information go to saskatoonpride.ca

PHOTO: PRIDEFEST BY LUCAS KIRKHAM



1. Rachel Louren Walker and Nylex Marie

2. Scott Bell and Sheri Benson

4. Members of the Saskatoon Diversity Network look on during the ceremony

4. Melissa Quine and Brian Field



3. David Forbes, Tanya Dunn-Pense, Cain Reuter and Jessie Todd

6. Matt Wiers, Jack Suddith and Doug French

7. Danny Pachadatos and Jeff Culbert

8. XJ Norris and Rob Norris

ASK ELLIE

Be watchful with someone in an abusive relationship

Q. I work closely with a lovely woman, and I've really endorsed her emotional and mental health.

She's been suffering for the last few months as her relationship with her husband of three years. He's an alcoholic who is overly sober and has struggled through it. Last weekend he had a few drinks—the first time in months.

She also learned he's been looking for gainful employment and taking financial obligations from her.

An ex-client supervisor I know there isn't much on the way of help I can offer or force her into seeking. But I'd like to have some key phrases or some advice to give her.

I've suggested Alcoholics Anonymous, plus seeing a counsellor. She's been seeing a therapist, but I don't know if her therapist discusses new issues (it's more to talk about her abusive relationship history).

I'm trying to be supportive as a supervisor and a friend.

Stymied For Suggestions

A. You're already doing something by listening and showing that you care.

Ex-convict husbands that may be estranged to tell even a friendly supervisor what was run her face for fear it might appear to reflect her work performance.

Assure her that it also takes courage to help you prevail; you'll do so... from knowing, to helping seek other counselling and financial advice for the current situation.

Also, I suggest her that she can have time off if needful for professional appointments.

I suggest that she join an AA group for the motivation and support of others living with alcoholics and those going through recovery.

I respect her indecision of when she wants to be private but if you detect signs of unwanted abuse, offer to accompany her to police and/or to shelter for her safety.

Q. I have a daughter, and one granddaughter age 10. I've never been allowed to have the girls to my home.

My daughter says it's too far for me to drive them (one hour).

I was previously allowed "dates" with her to go on outings but they stopped when my granddaughter became bitter with outside activities.

I've had two emotionally abusive marriages; the first to my daughter's father who emotionally abused her too.

She was witness to the damage he showed me, and it affects how she now treats me.

It seems my granddaughter also learned from her mother's example.

She's started to ignore me when I speak to her, or to talk back to me. My daughter doesn't

Ask Ellie

correct her actions.

How does one stay in contact with a grandchild who has no interest in interaction with you?

Giving Up

A. Keep a door open to your grandchildren.

She's young enough that there's hope for her to become interested in her mother's attitude to you, and to be curious why she hasn't been encouraged to have a relationship.

Remember that she's one person, and not just part of a chain of emotionally abusive relationships.

Send her birthday, Christmas, end-of-school, graduation cards. Offer to take her to a place she'd like, to a special show like the ballet. Just by your efforts, she'll be more interested in her grandmother.

Q. For all and anyone how to come out to my family as bisexual. I feel very overwhelmed emotionally and physically.

Terrified

A. You obviously care a great deal about your family indicating that they always cared about you. Treat them. Explain what you can and ask for their understanding.

Q. I worked at this cafe and I liked every single minute of it.

I was being baited by a person who says he's the owner when it's his son who bought the place instead of him.

I was sick and tired of being crap from him, so I started out of the cafe naming, "I quit!"

Was I impolite? Is that scenario? Does an instant bite that make the owner of the cafe look bad?

Reflective

A. It's good to reflect when you realize that your own reaction was over the top.

The circumstances may've been difficult, but it was the owner whom you should've been to discuss it.

You may still have decided to quit but agreeing publicly did nothing to make things better, and clearly left you feeling out of control and involved with it.

Contact the real owner and apologize, but explain your frustration. It'll make you feel better about yourself, no matter his response.

SPORTS

EVERY DAY IN THE

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RECIPE

FATHER'S DAY RECIPE IDEAS

Shrimp and chorizo paella

By Jim Hirsh

Just because guys tend to like to grill doesn't mean every Father's Day meal has to be a barbecue sizzle.

Not that most guys would argue if they were honored with a honking steak over hot coals. But this year maybe mix it up a bit and do something a little more exciting. Without sacrificing any of the meaty and new dad craves, consider making the meal unique and whipping up a paella. Paella can be shared with everyone he loves.

Paella is a pretty simple dish. And anyone who has ever made it will tell you it's all about the rice. You start by browning some onions and peppers, then adding some meat. Oh, lots of meat. Once the meat is browned, in goes the rice and liquid, then it cooks slowly along for a while, mainly on its own. The whole thing bubbles quickly in the oven, but only after you stir in some shrimp.

Want to make this dish even more decadent? You could add any number of other meats and seafood in addition to what is called for here. Add either saffron or the same time (but with more water) as the chorizo. Data for both. What more seafood? Scallops and hams or sausages could go in at the same time as the shrimp.

SHRIMP AND CHORIZO PAELLA

Start to finish: 1 hour

Servings: 6

Ingredients:

- > 1/2 cup olive oil
- > 1/4 teaspoon saffron threads
- > 1 large onion, cut into thin slices
- > 1 red bell pepper, cored and sliced
- > 1 large green pepper, cored
- > 2 pounds shrimp, peeled and deveined
- > 1 pound basmati, arborio or Arborio rice
- > 1/2 cup Spanish or Arborio rice



Shrimp and chorizo paella. ASSOCIATED PRESS PHOTOS BY MATTHEW MEAD

- > 2 cups uncooked chorizo, broken
- > 12 ounces raw shrimp, peeled
- > 2/3 teaspoon smoked paprika
- > 1/2 teaspoon saffron salt
- > 1/2 teaspoon ground black pepper
- > 1 pound rice, rinsed, drained
- > Chopped fresh parsley to garnish
- > Lemon wedges to serve

Instructions

1. Heat the oven to 400 F.
2. In a small heat-safe glass, combine the hot water and saffron. Let stand for 10 minutes.
3. Meanwhile, in a very large skillet or paella pan (about 15 inches, if possible) over medium-high, heat the oil. Add the pepper, onion and garlic. Sauté until the onion is just browned, about 6 minutes. Add the chorizo and chorizo, then sauté for another 2 minutes.
4. Add the rice and stir well. Add

the water and saffron, then add the chorizo. Bring to a simmer, then reduce heat to low. Cover and cook for 10 minutes. Uncover and stir in the tomatoes, paprika, salt and pepper. Cook, uncovered and without stirring, for another 10 minutes. Stir in the shrimp, then smooth the paella and set in the oven for 15 minutes, or until the rice is absorbed and the rice is cooked.

Remove the paella from the oven and let stand 5 minutes. Serve topped with parsley and lemon wedges on the side.

Nutrition information per serving:
all calories: 368 calories from fat (48 per cent of total calories); 38 g fat (30 g saturated); 8 g trans fat; 195 mg cholesterol; 138 mg sodium; 10 g carbohydrates; 3 g fiber; 3 g sugar; 31 g protein

BY ASSOCIATED PRESS



WINE WORLD

PINOT NOIR

Okanagan vineyards overcome challenges

By James Rommell

The Okanagan is a tough place to make wine, so there is not much of it that sounds. Vines are often killed by deep frost. And more than a few varieties have been nearly ousted by head worms. My best guess is that as consumers become more knowledgeable, you will see different varietals being grown. There are already some attempts in this direction, at Sunhill and other estates. Right now the big St Hubert block is certainly one's knowledge base and willingness to drink across those product lines.

Panel note sounds like a good idea in the valley. It's a cool classic northern sort of grape — Burgundy the appellation where the varietal was mastered, in countries a continental climate, and it gets away. But the vines tend to overproduce in hot weather, and takes a fair bit of vineyard management.

The upside for the Okanagan is if you pick your combination of vineyards with care you can blend the grapes with both eastern and western exposures. Mission Hill has proven adept at this process and has created a label to celebrate the blend, 5 Vineyards.

The shock wave is a surprisingly fast piston wave



The bouquet has the trademark aroma of strawberries and herbs. The palate is slightly earthy and flavored with blank fruit plums and blueberries with a tart enough palate to work well with pretty much all food. If you're looking for a reasonably priced, very well-made porto this is a great place to start.

Mission Hill & Vineyards Fleet Note,
2013- 830-4444

Bommer writes in Monday's paper: The rest of the world on Twitter didn't hear.

Crossword/Sudoku answers

STRIKE	PROTEIN
NEEDIER	ALUMINA
ANNALEE	GUMBELT
ITTY	WE FIRST
LOOMS	GIT
SHUB	BUAVER
FREED	MIMICS
STAIR	STEPPIN
SEASONS	
GUTHRIE	A AND
LENA	ERNST
ERNST	III
ATRIP	ACH IN ALL
DIE	RECEIPT
INSHAPE	RESPECT
NOTATED	RAILCAR
ON SITE	KNOTTY

2	6	1	4	9	8	5	7	3
9	4	7	5	3	6	2	1	8
3	5	8	2	7	1	4	6	9
6	2	5	7	8	4	9	3	1
8	3	4	6	1	9	7	5	2
1	7	9	3	2	5	6	8	4
4	8	2	1	5	7	3	9	6
5	1	6	9	4	3	8	2	7
7	9	3	8	6	2	1	4	5



The StarPhoenix



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SAT	JUNE 27	6PM	Mini/	Sportsman/	Street

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